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## THE POWER OF BYSTANDERS

A life-changing moment turned this ordinary commuter into a passionate anti-bullying advocate

metroNEWS

Manwar Khan tried and failed to stop a fatal beating on Edmonton's LRT in December 2012.  
CHAD STEEVES/FOR METRO

## Notley sends olive branch

BUDGET

### Premier signals potential tax cut for small business

Alberta Premier Rachel Notley is signalling that a tax break for small business owners may be coming in the budget.

Notley made the comment Tuesday when asked by reporters about a proposal by the opposition Wildrose party to lower the small business tax from three per cent to two per cent to help out an economy reeling from the plunge in oil prices.

The premier declined to rule out a tax cut.

"On the issue of the small business tax, I would suggest that we simply all stay tuned for the budget."

The 2016-17 budget will be presented by Finance Minister Joe Ceci on April 14.

Ceci and Notley have already said it will have new measures

to create jobs and diversify the economy, which has seen more than 80,000 job losses due to the collapse in oil prices.

Ceci has already said the budget is expected to include a \$10.4-billion deficit.

The province has already announced close to \$2 billion in loan and investment incentives to help new ventures take off and small and medium-sized businesses grow and diversify.

Earlier Tuesday, Wildrose Leader Brian Jean released his team's 12-point plan to create jobs.

He pointed out that at three per cent, Alberta's small business tax rate is the highest among the four western provinces.

British Columbia is at 2.5 per cent, Saskatchewan is at two per cent and Manitoba is zero.

The Wildrose estimates that a one-percentage-point drop in the small business tax rate would return a high-end estimate of \$150 million to businesses and the economy.

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## TRANSGENDER PROTECTION

### Board passes policy but some want more



**Ryan Tumilty**  
Metro | Edmonton

Edmonton Catholic School trustees passed a policy to protect transgender students Tuesday evening, but critics argue it isn't strong enough and want the education minister to step in.

In a 5-2 vote, trustees approved the policy, which states schools should be free of any type of discrimination and be "fully inclusive."

But chair Marilyn Bergstra, who along with Trustee Patricia Grell voted against the policy, said the document wouldn't adequately protect kids.

She said her support for LGBT youth led many to send her intolerant comments.

"Some of the commentary I received was so over the top, so full of bias and hate, that I questioned my safety."

Bergstra said she feared for what LGBT youth are going through in light of that.

Trustee Larry Kowalczyk read from Edmonton Archbishop Richard Smith's letter to defend his vote in favour of the policy.

Kowalczyk said it was important to protect people from discrimination, but also to defend



**I questioned my safety.**

Chair Marilyn Bergstra on some responses to her support of LGBT youth

Catholic education.

"I will continue to work with Catholic parents to ensure their children are taught the Catholic values they sent their children to Catholic schools for in the first place," he said.

The mother of a transgendered girl who filed a human rights complaint against the board said the new policy is no better than when the board first started this debate.

"We had that 15 months ago when my daughter was forced to use the gender-neutral wash-room," she said.

The mom, who Metro doesn't identify to protect her daughter's identity, said Education Minister David Eggen should reject the board's offering.

"I would expect him to say this is a complete lack of effort and it protects nobody and he will do what he was appointed to do."

## IN BRIEF

### Alberta MLA says sorry

Michael Connolly, a back-bench NDP member who "flipped the bird" at an opposition member, has apologized to the legislature for making the gesture

and misleading the house when he was caught. The member for Calgary Hawkwood initially denied it at the time, saying he was just waving his hand. THE CANADIAN PRESS

# Signs of times past

## Some say hand-painted ads are worthy of protection



**Alex Boyd**  
Metro | Edmonton

The hand-painted signs once hawked goods from corned beef to diamonds, but are now increasingly celebrated for their historic value.

Known as ghost signs, many faded ads from the 1920s and '30s live on walls, around corners or down the back alleys on the city's oldest brick buildings.

"Maybe at the time they were utilitarian, but now they're almost like a piece of public art," said David Johnston, principal heritage planner with the City of Edmonton.

Trouble is, as Edmonton's core develops, older buildings often give way to newer construction. As a result, some now they need protection.

Seeing the old signs in places like Old Strathcona inspired Tiffany Chin, a junior graphic designer with KEEN Creative, to work on her typography skills.

She said the painted signs were the work of highly skilled painters, and add character to Edmonton's neighbourhoods.

"Every little piece of these (ghost signs) is original. For signs nowadays, someone can just slap a font onto a piece of vinyl," she said.

Right now, if a building with a ghost sign gets his-

torical designation its sign is often protected as well, Johnston said.

When the Metals Limited Building on 104 Street was protected, its sign was restored.

He added the city also works with developers to save signs not on designated buildings: The advertisement for grocery items on the Buena Vista Building being torn down on 124 Street will be reassembled later, brick by brick.

But without protection the city doesn't have the final word. Indeed, the future of the 'Sweet Caporal' cigarette ad in The Quarters is up in the air. Johnston said it's worth looking into how to protect the signs in future.

"They're not really something we can recreate, so once they're gone, they're gone."

- 1 An ad for Dreger's Kitchen Centre.
- 2 An old cigarette ad in The Quarters.
- 3 Ghost sign for Strathcona Furniture.
- 4 Blacksmith sign on 101 Street south of Whyte.
- 5 The Metals Building at 102 Avenue and 104 Street. When the building received historical status its sign was restored to its original look. PHOTO 2 BY TIM QUERESSENGER, ALL OTHERS CHAD STEEVES / FOR METRO



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# Right to strike set to expand

## PUBLIC SECTOR

### Bill sets out parameters to keep essential services going

Alberta has introduced legislation to expand the right to strike for about 150,000 public-sector employees.

Labour Minister Christina Gray said Tuesday the legislation would bring Alberta into compliance with a Supreme Court ruling last year.

"It is intended to balance the interests of employers and employees while protecting public health and safety," Gray told reporters after Bill 4 was introduced in the legislature. "At the end of the day, we want to ensure labour disputes are resolved in a timely manner with as little impact on the public as possible."

Alberta traditionally has banned strikes and lockouts in-



We want to ensure labour disputes are resolved ... with as little impact on the public as possible.

Christina Gray

volving public-sector workers, but the Supreme Court ruled that the right to strike is a fundamental one for unionized employees.

The bill sets out parameters for strikes while keeping essential services going in areas such as health and police services.

It supports the right to strike for all employees of the government, Alberta Health Services, agencies, boards, commissions and non-academic staff at post-secondary institutions.

Nurses, paramedics and correctional officers would be allowed to strike, but police and firefighters would not. Police and firefighters will continue to use binding arbitration.

Under the bill, workers who can strike must first negotiate an agreement with the government

on the conditions of any job action so that essential services are maintained and public health and safety are not threatened.

The government would bring in third-party "umpires" to help if both sides can't reach such an agreement.

Guy Smith, head of the Alberta Union of Provincial Employees, the largest public-sector union in the province, lauded the bill.

"It's a fundamental shift for labour relations in this province," said Smith. Smith said the goal in bargaining is always to get a deal and not to strike.

"Sometimes having the right to strike actually compels both parties to seriously get to that deal when needed."

THE CANADIAN PRESS



Labour Minister Christina Gray said the legislation would bring Alberta into compliance with a court ruling last year. CONTRIBUTED

## IN BRIEF

### Notley vows to improve after ethics investigation

Premier Rachel Notley says her party is making changes to avoid the appearance of secrecy around future fundraisers.

Notley said Tuesday she will act on recommendations made by ethics commissioner Marguerite Trussler and ensure events are well advertised.

Trussler has cleared Notley and the NDP of allegations they violated conflict-of-interest rules at two events last month.

One was a Feb. 23 fundraiser at the Art Gallery of Alberta. The main ticket cost \$250 and was advertised on the party's website. But some donors were invited to an earlier event that promised one-on-one access to Notley and ministers for an extra \$750.

The second fundraiser saw Notley fly to Toronto on Feb. 19 for a private dinner with a select group of donors to the Ontario NDP. The event was not billed on tickets as including Notley, but those who attended were informed beforehand.

THE CANADIAN PRESS

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TRANSPORTATION

# Greyhound moving

With just months remaining on its downtown location's lease, Greyhound has found a new home — alongside the VIA rail station.

Company spokesperson Lane-sha Gipson confirmed the company will move to the train station located at 123rd Avenue and 121st Street, just south of the Yellowhead.

She said it was well located and offered a connection with VIA.

"We look for location sites that will benefit the company,

our customers and the community," Gipson said.

The company's existing station downtown, on 103rd Street and 103rd Avenue, is being re-developed.

The lease expires in May.

Gipson said Greyhound is still working out details but said the station will be moving before the lease expires.

The city has helped the company in its search for a new site after rejecting another proposal to move it to the Prince Charles neighbourhood in 2014.

Mayor Don Iveson said he would like the station to be centrally located but believes this site can work.

"Is it the ideal site? Maybe not, but Greyhound assured us that all of their routes will still pass through downtown and have pick-up and drop-off points," he said.

RYAN TUMILTY/METRO



Greyhound's current Edmonton terminal.

KEVIN TUONG/FOR METRO

EDMONTON CATHOLIC SCHOOL BOARD

# No school fees for next academic year

Edmonton Catholic School trustees voted Tuesday to eliminate most schools fees from their district next year.

Recognizing their own financial stake in the matter, two trustees abstained from the vote, but the remaining five voted unanimously not to collect basic fees next year.

Basic fees cover things like libraries, printing costs and textbook rentals but do not cover field trips and other items outside a basic education.



**This is going to be a very challenging year.**

Marilyn Bergstra

For parents, the fees start at about \$50 for elementary students and can go up to several hundred for high-school students.

The \$7 million in lost revenue from the fees will come from the schools' operating budgets.

Chair Marilyn Bergstra said the board hopes the Alberta government follows through on its previous commitments.

"That would really help us out because this is going to be a very challenging year to offset those costs," she said.

She said the board moved on the issue first because they know many parents in the district need the help right now.

"We have to respond to the economic needs of our parents as best we can." RYAN TUMILTY/METRO



This rendering shows part of the Vision 2020 imagining of what Northlands could become. CONTRIBUTED

# Northlands pleads debt forgiveness

EVENT VENUES

## Rexall Place a money-loser once Rogers Place opens



Ryan Tumilty  
Metro | Edmonton

City councillors are demanding more information before considering Northlands' grand vision to overhaul their property and their request for a \$48-million loan to be forgiven.

During a presentation of its Vision 2020 proposal Tuesday, Northlands formally asked council to forgive the loan it gave the organization in 2010 and

to provide an answer by Sept. 1.

The group's CEO, Tim Reid, told council the conversation should have happened years ago but now there's no avoiding it.

"What we did lose over the last number of years was valuable time," he said.

The city granted Northlands the loan to build the Expo Centre, and the organization has paid back a portion of it.

But Reid said when Rogers Place downtown opens and pulls concert revenue from Rexall Place at Northlands, the organization will no longer be able to make payments.

Reid told council the organization is hoping for an answer by Sept. 1 because they want to move quickly to change the site.

Their plans include transforming Rexall Place into a min-



**Right now, the appetite for me to forgive \$48 million in these economic conditions is not high.**

Coun. Mike Nickel

or-hockey facility, creating a new outdoor festival site and renovating Hall D in the Expo Centre for concerts.

The city owns the land underneath Northlands, and Coun. Mike Nickel asked if it's time to consider if Northlands' time is ending.

"Why should Northlands even be at the table?" he asked

Reid.

Reid conceded the city should look at all options but said the society has a long, successful history.

"We have run Northlands for 137 years and we have run it well."

Nickel said he would be hard pressed to just let the loan go and believes the city needs to consider taking over the site.

"Right now, the appetite for me to forgive \$48 million in these economic conditions is not high."

The motion council passed unanimously will see administration develop business cases and study the technical feasibility of all of the elements of Northlands' plan, as well as look at possible funding sources and consider options for the debt.

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## SHARE YOUR FEEDBACK

### Proposed rezoning in Oliver for an apartment building

Wednesday, March 23, 2016, 7:00 p.m. – 9:00 p.m.  
Oliver School, 10227 – 118 Street NW, Edmonton, AB

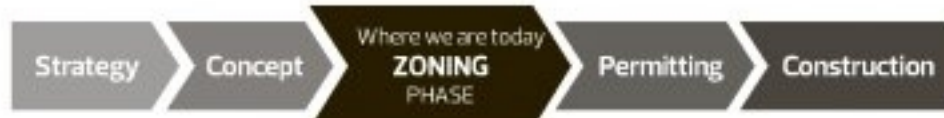
Residents are invited to an open house to provide feedback on the proposed rezoning of a site located on two parcels of land at 10135 – 118 Street NW from (DC1) Direct Development Control Provision to (DC2) Site Specific Development Control Provision. The proposed rezoning would allow for the opportunity to develop the current parking lot into a 45 metre (approximately 15 storeys) tall high-density apartment building with surface parking located at the rear of the building and an underground parkade.

An update to the map in the Oliver Area Redevelopment Plan (ARP) would also be required to reflect the rezoning. The open house will be an opportunity to learn more about the proposal and provide feedback to the City and the applicant, IBI Group Inc. Feedback will be summarized in a report to city council for a final decision on the rezoning.

#### For more information

Cindy Louie, Principal Planner

Phone 780-442-6473 or email [cindy.louie@edmonton.ca](mailto:cindy.louie@edmonton.ca)



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Edmonton

6

Edmonton metro NEWS

# Missing couple was 'quite positive': Son

## VADER TRIAL

### Court hears of McCanns' last days before disappearance

When Bret McCann last saw his parents nearly six years ago, they had their motorhome packed and parked in the driveway and seemed excited to be leaving the next day on a camping trip to British Columbia.

McCann testified Tuesday that he played some pool with his father in the basement of their home in St. Albert, a bedroom community north of Edmonton, on July 2, 2010. His mother, after checking out some garage sales, came home with a bucket of fried chicken for supper.

McCann said his parents, in their late 70s, had been avid campers for decades but had recently stopped their winter trips to the United States because of increasing health-insurance costs. They were eager to get back out on the road, he said.



Travis Vader is charged with first-degree murder.

THE CANADIAN PRESS

They were going to meet another family and deliver a present to one of their great-grandchildren in Vancouver.

"They were looking forward to their trip," McCann told the judge hearing the first-degree murder trial of Travis Vader.

"I think they were kind of pumped ... quite positive."

Lyle and Marie McCann were last seen on surveillance video the next morning getting groceries and fuelling up their motorhome at a Superstore in St. Albert. Three days later, their RV

was found on fire about 200 kilometres away near Minnow Lake, west of Edmonton. An SUV they had been towing was found on a nearby rural property about a week later.

Their bodies have never been found.

Vader, 44, has pleaded not guilty in the deaths of the couple.

The Crown is arguing that Vader, once an oilpatch worker who supported a wife and seven children, had become a crystal meth user who was living in makeshift camps and was wanted by police on warrants.

The defence has told the judge that evidence will point to other suspects and there's not enough proof the McCanns are really dead.

Legal experts say that there's often a slow piecing together of evidence in murder cases with no bodies to prove a criminal death and rule out other possibilities. Those could include the alleged victims wanting to start a new life somewhere or committing suicide.

THE CANADIAN PRESS

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# 'It could be my son'

## CAMPAIGN

## Manwar Khan wants people to stand up to bullying



**Alex Boyd**  
Metro | Edmonton

Despite witnessing a fatal beating on Edmonton's LRT, Manwar Khan still rides it to work every day.

He just doesn't let his guard down.

"I try not to think about it a lot, but if people are arguing, I think, 'Where is this going?' You just be alert," Khan said.

Trying — and failing — to intervene in a fight on the LRT that saw a man die "changed my life," he said.

On Dec. 28, 2012, Khan left work to take his twin toddlers to a doctor's appointment and was riding the LRT when a fight broke out.

Initially he said he did nothing, but then imagined one of his kids in the same situation



Manwar Khan is taking his anti-bullying campaign to more locations across the province this summer. CHAD STEEVES/FOR METRO

and reached for the emergency button.

But the train kept moving, so Khan yelled at the men to stop.

He said he then tried to get

his fellow passengers to help, but couldn't.

"I'm not blaming anyone, but I didn't get that help," he said. "It could be my son. What if after 20 years someone at-

tacked my kids and bystanders do nothing?"

Later, the 29-year-old man being beaten died of his injuries and another 29-year-old man was charged with his

murder.

The event pushed Khan from being a self-described ordinary commuter to a passionate anti-bullying advocate.

Khan now wants to take his message across the province with a series of rallies this summer, to spread his message about the power of bystanders.

While Khan said that event went beyond the definition of bullying, it also drove home the need for people to be more willing to help the people around them.

In 2013, he held his first anti-bullying rally and about a dozen people showed.

His most recent rally, held last summer, had more than 100 people.

Originally from Bangladesh, Khan said this has become his way to give back to his adopted country.

He was awarded the Governor General's Caring Canadian Award last year.

Khan will hold his first rally in Leduc in May, before travelling to four other cities and finishing with a rally at the legislature in Edmonton in September.

## PLEBISCITE

## P.E.I. mulls Alberta grad's plan



**Samantha Power**  
For Metro | Edmonton

Alberta's Sean Graham may help change elections in Prince Edward Island.

Graham, a recent graduate of the University of Alberta, has submitted a proposal to the Maritimes province on electoral reform that it's now considering.

His proposal, for a system called dual member mixed proportional voting, is one of four options the P.E.I. committee could put forward to residents as a plebiscite question, expected to be released this spring.

Dual-member mixed proportional voting proposes two members per voting district, which Graham said would likely result in at least two parties being represented. It would also maintain local representation which can sometimes be lost in proportional representation, he added.

Graham has also made a formal submission to the Alberta committee reviewing the Elections Act.



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MARCH 11-20, 2016

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10

Edmonton metro NEWS

## Store's alleged wage blunder under contest

CALGARY GREENWAY

### Job ad was scalped from older version: Wildrose Party



Jeremy Simes  
For Metro | Calgary

It just keeps getting messier.

On Tuesday, Calgary Greenway NDP candidate Roop Rai leaked a screen grab of an alleged Payless Liquor Store job advertisement that pays employees a minimum of \$10 per hour, which is below the legal minimum of \$11.20.

The catch? Calgary Greenway Wildrose candidate Devinder Toor owns the Payless Liquor Store chain.

Rai said the advertisement — which was posted on Feb.

21, 2016 — is troubling.

"These postings suggest that his liquor stores take advantage of their employees by paying an illegal wage," she said in a prepared statement. "It is inappropriate for him to be taking advantage of people in difficult economic times."

Jeremy Nixon, president of the Wildrose Party, said Toor didn't post the advertisement.

He said the ad appears to have been scraped from jobbank.gc.ca, which is the only website Toor posts job ads to.

"It looks like the text came from an ad from May 13, 2014 ... at the time the minimum wage was \$9 per hour," he said.

"It's difficult for me to speculate on why somebody would do this. If this is part of the their political strategy ... I don't know."

Toor's Payless Liquor Store has also been embroiled in



Devinder Toor. CONTRIBUTED

numerous Alberta Gaming and Liquor Commission (AGLC) violations, which include allowing minors into a store, warnings about not ID'ing properly and warnings about staff not having ProServe certification.

The company's latest violation found staff were selling "not for sale" items for cash. The company must pay \$1,000 by Wednesday, or lose its license.

Nixon declined to comment on Pay Less Liquor's AGLC violations.



It is inappropriate for him to be taking advantage of people in difficult economic times.

NDP candidate Roop Rai of Devinder Toor

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# Blame the owner, not the pup

ANGUS REID INSTITUTE

## Canadians say dogs not at fault for attacks

**Samantha Power**  
For Metro | Edmonton

A new study by Angus Reid has found most Canadians believe there is no such thing as a dangerous dog breed — just negligent owners.

It's a finding that resonates in Edmonton with those who care for so-called dangerous breeds.

"I've never been a believer in any dogs being bad dogs," says Angie Newby, owner of Gigi, a rescue pit bull.

"I give every dog a chance, some dogs are more work than others, but they all deserve that socialization."

A majority of Canadians agree with her. The Angus Reid study found that more than 50 per cent of Canadians say dog attacks are isolated incidents

caused by bad owners.

Pit bulls have become the recent target of people's perception of aggressive dogs, while that title was once given to German shepherds and dobermans.

In Edmonton the case of aggressive breeds is largely settled. A change to breed-specific restrictions on pit bulls in 2012 lifted a ban that had been in place since 1987.

The Edmonton Humane Society heralded it as a victory at the time. It advocated that proper socialization could ensure reduced aggression.

Dog restrictions only occur when they've been convicted under the Animal Licensing and Control Bylaw for chasing, biting or attacking a person or another animal.

Even then it has to be shown that it was not provoked.

Owners must have a specific restricted-dog licence in these cases and carry liability insurance for \$1 million in personal injury claims.

Ontario maintains a pit bull ban it implemented provincially 10 years ago and shows no sign of repealing it.

**1** Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18-34 and weaker among those aged 55 and older.

**58%  
BAD  
OWNERS**

**What  
causes  
dog  
attacks?**

**42%  
Breed of  
the dog**

**2** Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.



**3** 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men say so, compared to 37 per cent of women).



**4** Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.

**5** Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).

**61%  
DON'T  
BAN  
BREDS**

**RATES  
FROM  
3.99%**

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PANORAMIC  
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# Fighter lost lifelong battle with depression

NOVA SCOTIA

## Sought help, but wait list for psychiatrist too long

Dylan DesRoche  
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to



Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

handle it well.

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family

doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

COMMUNITY

## Tapping greatness

Emma Jackson  
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

The Layton boys Francis and Yannick were excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

Their neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn.

There are eight taps altogether, four on each 36-inch-diameter tree.

Hempel thinks he'll get five litres of maple syrup this season. He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas, too.



Paul Hempel works with the Laytons and next-door neighbour Julia Lipinska, right, to tap the maple trees outside their homes on Huron Avenue North. EMMA JACKSON / METRO



Prime Minister Justin Trudeau with UN Secretary-General Ban Ki-moon in Ottawa. AFP/GETTY IMAGES

DIPLOMACY

## Canada wants seat at UN Security Council

he Liberal government faces a longer, tougher election campaign, this one worldwide, if it wants to win a UN Security Council seat, say the people who helped Canada win its last bid.

It's not enough for Canada to be "back," the government needs a platform outlining what

it wants to accomplish on the world stage and it has to make up for a decade of UN neglect under the previous Conservative government, they say.

Prime Minister Justin Trudeau will announce Wednesday in New York that Canada plans to seek a non-permanent seat on the

United Nations Security Council.

Trudeau will be meeting Secretary General Ban Ki-moon, whom he hosted last month in Ottawa. That's when Trudeau first mentioned the plan to seek a council seat.

Canada lost its last bid for a seat in 2010 after a string of six

terms on the council dating back to the late 1940s.

It is not clear when Canada could seek a new term, because the slate of candidates in the UN's Western and European and Others Group, to which Canada belongs, is full until at least 2020.

THE CANADIAN PRESS



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# Trump, Clinton pad leads

## PRESIDENTIAL PRIMARIES

### Both score key victories; Rubio forced out of race

Donald Trump's much-discussed fingers have tightened their grip on the Republican presidential nomination, strengthened by a dominant performance Tuesday as the primaries entered their second half.

Key primary wins brought Trump closer to the magic 50 per cent pace he'd need to secure a first-ballot victory and avoid a challenge at the Republican party's summer convention.

He entered the evening with about 40 per cent of the delegates pledged so far and appeared likely to end it hovering somewhere around the 45 per cent mark, which still leaves him short of that coveted clip.

Trump was poised to win as many as four of the five states voting. He easily won the greatest prize, Florida; held a solid lead in early results in Illinois; and held smaller advantages in North Carolina and Missouri.



Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, on Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

**“Nobody in the history of politics has received the kind of negative advertising that I have.”**  
Donald Trump

“Nobody in the history of politics has received the kind of negative advertising that I have. Record, record, record. Mostly false — I wouldn't say 100 per cent but about 90 per cent,” Trump told a

jubilant rally in Florida. “You explain it to me — because I can't. My numbers went up.” His biggest triumph was knocking out the great-right-hope of party brass Marco Rubio. Trump beat the young senator in his home state of Florida, forcing him to withdraw from the race.

It was sweet revenge: Rubio had worked an old gag into his stump speech about the size of Trump's fingers and used it to make unflattering insinuations about other parts of his anatomy.

Trump got the last laugh. He obliterated him by nearly 20 percentage points on his own turf — prompting Rubio's immediate resignation, to the delight of Democrats who'd feared the youthful lawmaker.

Trump picked up big blocs of delegates, who will actually pick the Republican nominee at the July convention. As the nomination race officially passed its halfway point Tuesday, it held its first winner-take-all contests.

Until now winners in each state had to split delegates proportionally. But delegates are now being awarded in bulk to the No. 1 finisher in some states, with Trump winning most.

Trump appeared likely to end the evening with about 650 delegates; Texas Sen. Ted Cruz with about 400; Rubio with less than 175; and Ohio Gov. John Kasich with less than 150. Winning the nomination will require 1,237 delegates on the convention floor in Cleveland in July.

THE ASSOCIATED PRESS

## OBAMA ADMINISTRATION

### New rules reinforce U.S.-Cuba relations

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on U.S. tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to one day play Major League Baseball and other U.S. professional sports.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

THE ASSOCIATED PRESS



Barack Obama  
GETTY IMAGES

## MIDDLE EAST

### Turkey IDs Ankara bomber

Turkey on Tuesday identified the attacker who carried out a deadly suicide bombing in Ankara as a 24-year-old woman who allegedly became a Kurdish rebel in 2013 and had trained in Syria.

An Interior Ministry statement identified the suicide car bomber blamed for killing 37 people, including herself, on Sunday as Seher Cagla Demir. A possible male accomplice, who was also killed, has not yet been identified.

The statement said Demir

joined the outlawed Kurdistan Workers' Party, or PKK, then crossed into Syria and received what it called “terror training” from an allied Syrian Kurdish militia.

Turkey considers the Syrian Kurdish militia — known as the People's Protection Units, or YPG — as a terror organization because of its affiliation with the PKK and has been pressing the United States to stop helping the group. Washington considers the PKK a terrorist organization but has backed

the YPG, which has been effective in fighting the Islamic State group.

Turkey had blamed the Syrian Kurdish militia force for a Feb. 17 bombing in Ankara that killed 29 people, saying the group had acted in concert with the PKK.

But a Turkey-based Kurdish militant group that is an offshoot of the PKK later claimed that attack.

No group has yet claimed Sunday's attack in the capital.

THE ASSOCIATED PRESS

## MICHIGAN

### Ex-officials point fingers at hearing on Flint water crisis

Former city and federal officials pointed fingers at one another for failing to protect the 100,000 citizens of Flint, Michigan, from lead-laced water at a congressional hearing Tuesday, as Republicans targeted for blame an Environmental Protection Agency (EPA) executive who resigned as the crisis worsened.

Amid withering criticism, Susan Hedman sought to defend the EPA's actions to deal with the contamination in the predominantly African-American

city. “I don't think anyone at EPA did anything wrong, but I do believe we could have done more,” said Hedman, the former director of the EPA's Midwest regional office.

Hedman stepped down Feb. 1 over what she called “false allegations” that portrayed her as sitting on the sidelines during the crisis and that she “downplayed concerns raised by an EPA scientist about lead in the water.”

The scientist Hedman was referring to is Miguel Del Tor-

al, a regulations manager in the groundwater and drinking water branch of the Midwest office.

Hedman denied the EPA had disciplined Del Toral, who had warned of dangerously high levels of lead in a June 2015 memo and later criticized the agency for not taking swift action.

Rep. Jason Chaffetz, R-Utah, chairman of the House Oversight and Government Reform Committee, said Hedman “dismissed” Del Toral's warnings.

THE ASSOCIATED PRESS

THE DOWNTOWN BUSINESS ASSOCIATION PRESENTS

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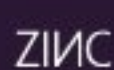
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# Loblaws slips on ketchup

FOOD

## Outcry forces supermarket to restock French's

**Jessica Smith Cross**  
Metro | Toronto

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup. Thousands turned their social media pitchforks on Loblaws, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes —



A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep un-

ease about the future of manufacturing, one expert said.

"We're used to thinking about a brand in simple attributes — maybe it tastes good and it doesn't cost a

lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's

Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

EMPLOYMENT INSURANCE

## Jobless kept waiting

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

The average wait time was 39 days nationwide and in Alberta, which has been hard hit by the slumping price of oil.

Waiting to hear back from employment insurance processing agents was equally frustrating: The documents show agents returned calls within five days just under 60 per cent of the time.

The numbers also show that Canadians dialling into a federal call centre with employment insurance questions heard an automated high volume message almost 7.4 million times between April 2015 and January of this year. Consequently, processing times and client services topped the categories for complaints lodged with the government.

THE CANADIAN PRESS

REAL ESTATE

## Vancouver, Toronto help drive home prices up

The Canadian Real Estate Association raised its outlook for home sales this year as the Vancouver and Toronto markets continued to charge ahead of expectations in contrast to other cities.

CREA said Tuesday it had expected the market to cool this year with smaller price gains in B.C. and Ontario.

"However, many of the defining themes among Canadian housing markets last year have persisted, and in some cases intensified, in early 2016," it said in its updated forecast.

CREA said it now expects sales this year to grow by 1.0 per cent compared with earlier expectations of a 1.1 per cent contraction. "Canadian resale housing market trends this year are expected to resemble those apparent in 2015, with very tight supply leading to strong price gains in British Columbia and Ontario — particularly in the Lower Mainland and in and around the Greater Toronto Area," the forecast said.

"Price gains in these regions are expected to continue to

stand in sharp contrast to moderate price declines among housing markets whose prospects are closely tied to oil and other natural resource prices."

B.C. and Ontario are expected to drive the national

**"The ...market remains a tale of three solitudes."**  
Doug Porter

average price up eight per cent to \$478,100 in 2016, according to the forecast.

Vancouver and Toronto also helped pump up the national average price for a home sold in February to \$503,057. Excluding those two markets, the average price was \$355,235, up 8.7 per cent.

BMO chief economist Doug Porter said the national figures don't mean much given the big differences between cities.

"Talking about averages in Canada's housing market is like

saying the weighted average temperature between the fire on my gas stove and the ice in my freezer is a mildly warm 22 degrees — it's meaningless," Porter said in a research note.

"The Canadian housing market remains a tale of three solitudes — the uber-strength in Vancouver and Toronto (and surrounding cities in both regions), ice-cold conditions in markets exposed to oil prices, and the just-right middle markets in almost every other region."

THE CANADIAN PRESS

### market minute

	<b>DOLLAR</b>
74.84¢ (-0.53¢)	
	<b>TSX</b>
13,400.31 (-77.23)	
	<b>OIL</b>
\$36.34 US (-84¢)	
	<b>GOLD</b>
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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

**My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?**

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

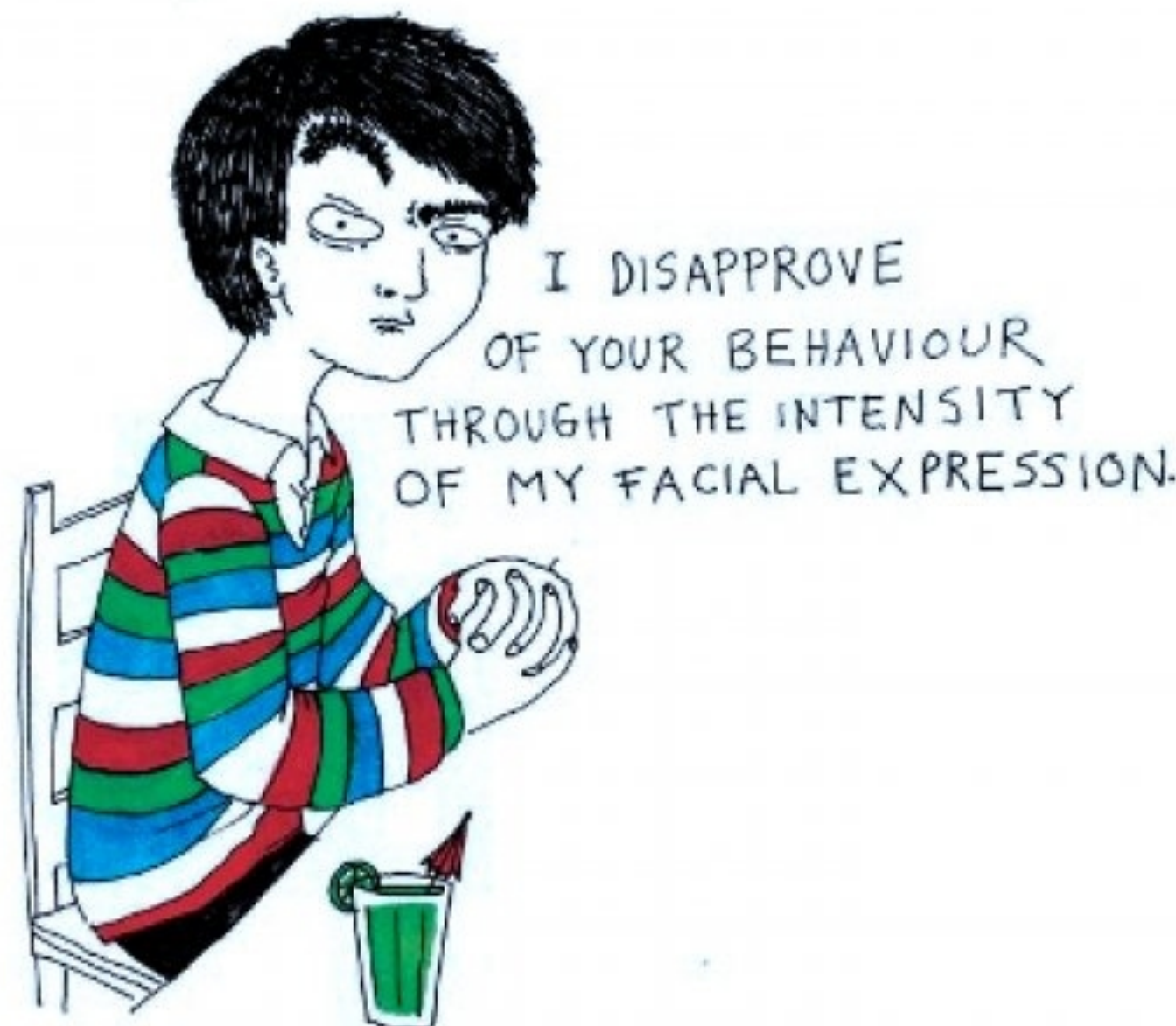
Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

**If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.**



© Ani Castillo

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the

spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't

know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone so selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## ROSEMARY WESTWOOD

metroview

### Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror. Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelling into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding direc-

tor of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both attackers in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How do we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

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Indiana Jones and The Actually For Real, Seriously (We Promise) Last Crusade  
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Twitter reacts to news that Harrison Ford, 73, will reprise role in fifth Indiana Jones movie

# Patak heiress's new cookbook

## INTERVIEW

## Second book remixes Indian classics for new generation

**Emina Gamulin**  
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujarat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the



**Anjali Pathak challenges culinary stereotypes.**

Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W.

Garfield Weston.

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is *The Indian Family Kitchen: Classic Dishes for a New Generation*, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio *Flavour Diaries*). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her

blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamom, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."



**Metro's Emina Gamulin was most successful with this tiger shrimp recipe: "It tastes amazing, even reheated at the office, and presents beautifully," she says. ALL PHOTOS CONTRIBUTED**

## EXCERPT

## Tiger Shrimp with Lime, Ginger & Mustard Seeds

Serves 4

Prep time 10 minutes

Cook time 10 minutes

### Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns,

crushed with a pestle and mortar

- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt

- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

### Directions:

**1.** Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to

sizzle, stir through the scallions, chile and ginger and allow to soften for around a minute.

**2.** Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on

each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

EXCERPTED FROM THE INDIAN FAMILY KITCHEN BY ANJALI PATHAK. APPETITE BY RANDOM HOUSE EDITION PUBLISHED 2016. PUBLISHED IN CANADA BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.



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Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED

# Pad out Thai repertoire with authentic recipes

## NEW COOKBOOK

### A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, *Hot Thai Kitchen*, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

### Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

#### Ingredients:

- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

#### Directions:

1. In a small skillet over low-

medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle

simmering for 30 minutes or until pork is fork tender.

5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

#### Kitchen tips:

**Galanga-what?** Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.

#### Where do I find lime leaves?

You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.

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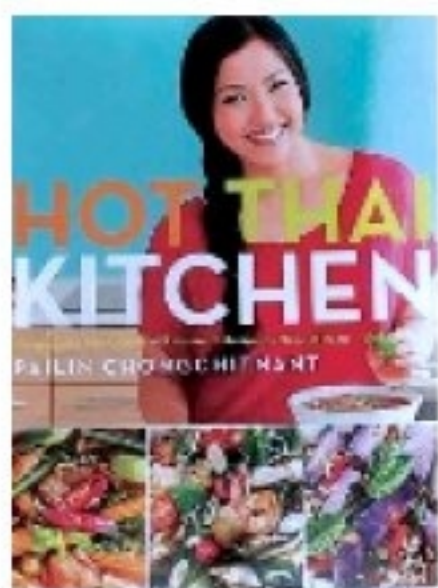


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Because you can't think of anything other than pad Thai at the very mention of Thai cuisine, YouTuber-turned-cookbook author Pailin Chongchitnant has written *Hot Thai Kitchen*, a just-released guide to her country's cooking with recipes for dishes you won't find on a takeout menu. The book includes chapters on regional variations of Thai cuisine, drink pairings, kitchen tools, techniques, notes on dietary restrictions and allergies, as well as detailed ingredient explainers. It's a very good primer to Thai cuisine, in addition to being a cookbook.

TORSTAR NEWS SERVICE

## HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

### Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

#### Ingredients:

- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

**Note:** If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left



Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

on the skin. Sweet plantains, available at Latin American/Caribbean grocers, also work well — choose ones whose skins have turned at least 60 per cent black so they will be sweet. Regular bananas aren't an option as they turn mushy when fried for a long time.

#### Directions:

**1.** Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

**2.** Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.

**3.** In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking

powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

**4.** Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

**5.** Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

**6.** Let cool just until the coating becomes crisp, then serve immediately.

**Note:** Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!



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# METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA



## Irene Kuan

A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.



## HEINZ

375 mL, \$3.50

"Overly sweet and sugary" with "not much of a tomato taste."

**C**



## FRENCH'S

1 L, \$4.19

"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet."

**B**



## NO NAME

1 L, \$2.69

"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste."

**D**



## STONEWALL KITCHEN

488 mL, \$9.99

"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste."

**A**



## Rosemary Westwood

Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.

"It's sweet but vinegary. Very normal tasting."

**B**

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

**D**

"It's super salty."

**C**

"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!"

**A**



## Andres Plana

The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.

"It tasted great, and I liked the texture."

**B**

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

**C**

"Not good at all. It's watery and tastes cheap."

**D**

"Different, but definitely the best. It has a great flavour with extra seasoning."

**A**

**GRADING SYSTEM** **A** = It better be in your fridge at all times!

**B** = It's OK. Expect it on your average street meat

**C** = Meh... passable. Eat it as fast as you can

**D** = You're better off putting dirt on your hot dog

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# PBS reconsiders doc with Dr. Luke

CONTROVERSY

## Miniseries has interview with Kesha's alleged rapist

The maker of an upcoming PBS miniseries about groundbreaking pop music says the show is reconsidering scenes with Dr. Luke, the hitmaking producer who the pop star Kesha has accused of rape.

The documentary Soundbreaking airs this fall and is being screened this week at the South by Southwest music festival in Austin. The eight-part series was the last project of George Martin, the iconic producer who discovered the Beatles and died this month.

The premiere episode includes an interview with Dr. Luke, who was born Lukasz Gottwald. He is not charged with any crime and has denied Kesha's claims of rape, saying she is smearing him to get out of her contract.

Soundbreaking producer Jeff Dupre said following Monday night's premiere that Dr. Luke's involvement in the series is now being revisited but did not indicate that a decision has been made.

"It's a controversy and I don't know what the truth is. But it's something that we've thought about and discussed just over the last couple weeks," Dupre said.

The version shown at SXSW had been done for months, Dupre said.

The series includes interviews with Martin and a raft of music heavyweights, including Tom Petty and Paul McCartney, and traces the modernization of pop music through recording advances and visionary producers.

Dupre said Dr. Luke was interviewed for the series about a year and a half ago.

"We're actually just talking about it now," Dupre said of Dr. Luke's appearance in the series. "I have no idea what his situation is or what actually happened. He's a major, major, major producer."



Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Kelly Clarkson, and Miley Cyrus, with whom he's seen here in 2014. LARRY BUSACCA/GETTY IMAGES

Representatives for Dr. Luke and PBS didn't immediately respond to emails seeking comment.

Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Miley Cyrus, Kelly Clarkson and Nicki Minaj.

Fans of Kesha have called on Sony to cut ties with Dr. Luke and delivered a petition with more than 411,000 signatures to Sony's Manhattan headquarters last week. A judge last month denied the "Tik Tok" singer's initial request to be released from her contract, but Kesha has drawn support from celebrities including Taylor Swift, Adele and Lady Gaga.

Dr. Luke says Kesha fabri-

cated her story about being drugged and raped a decade ago to get out of her recording contract. His lawyers point to a 2011 legal deposition in which Kesha said under oath that Dr. Luke "never made sexual advances" toward her. When asked whether he'd given her the date-rape drug known as a "roofie," she said, "No."

Kesha's lawyers said the singer, born Kesha Rose Sebert, had been too afraid of the producer to speak up at the time.

Dr. Luke has produced a number of hits for Kesha, including "Tik Tok," "Your Love Is My Drug" and "We R Who We R." She is signed to his label, Kemosabe Records.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

## Arnett's cri de coeur for idea of manhood

THE SHOW: Flaked, Season 1, Episode 7 (Netflix)

THE MOMENT: The unmanning

Lackadaisical furniture maker Chip (Will Arnett, series co-creator) is losing his studio in Venice, Calif., to his ex-wife Tilly (Heather Graham), a successful actress, and her new lover, a developer. Alicia (Annabeth Gish) escorts him into the developer's office. Her office.

"So you and Tilly are lovers?" Chip sputters.

Alicia rolls her eyes. "I don't get it," she says. "Tilly sticks up for you all the time. She just refuses to see you for the leech and parasite that you are."

Chip rises. Alicia offers to walk him out. "Don't bother, sweetheart," he says. "You know what I don't get? Why you people won't take me seriously."

At first, this series seems pretty shaggy. Chip and Dennis (David Sullivan) go to AA meetings, bike around Venice, chase after the same waitress. But slowly, Arnett's intentions



Will Arnett and his man pals have been left behind by the women in Flaked. CONTRIBUTED

become clear.

The first clue is the shorts. All the guys wear them; you can count the appearance of long pants on one hand. There's Tilly's house, a sleek fortress staffed by beautiful women who baffle Chip because they won't flirt with him. There's Dennis's mom (Kirstie Alley), who alarms him because she's still sexual in her 60s.

But when Chip calls Alicia "sweetheart," it adds up: Arnett is driving a final nail into the cof-

fin of male significance. Chip—even his name is slight—and his man-child pals are irrelevant; the women in their lives have passed them by.

Chip doesn't understand why "you people" don't "take him seriously." Arnett hears a cri de coeur for manhood.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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### FILM BRIEFS

#### Hot Docs adds to lineup

Films featuring activist Bobby Sands, musicians David Byrne, Nelly Furtado, Shad and Grandmaster Flash, and comics Mel Brooks and Sarah Silverman are heading to Hot

Docs. Organizers said 14 doc features have been added to the lineup, including Under the Gun, in which Stephanie Soechtig and Katie Couric investigate U.S. gun culture. Also added is Bobby Sands:

66 Days, based on the diary of the IRA fighter who died during a hunger strike in 1981. The Hot Docs Canadian International Documentary Festival runs April 28 to May 8 in Toronto. THE CANADIAN PRESS







# Kicking it up more than a notch



REVIEW

## Latest Chrysler 200 way better than the last

**Jil McIntosh**  
For Metro Canada



When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6. Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last

year's model was its nine-speed automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens

whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

“  
**My car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.**

## THE CHECKLIST | 2016 CHRYSLER 200

### THE BASICS

**Type.** Four-door, five-passenger midsize sedan  
**Engines (hp/torque).** 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)  
**Transmissions.** Nine-speed automatic  
**Price.** \$25,395 (base), \$40,265 (as-tested), plus destination

### COOL FEATURES

- Active grille shutters
- Blind spot monitoring with cross-traffic alert
- Heated, ventilated front seats
- 8.4-inch touchscreen
- Heated steering wheel
- High-intensity headlights with LED fog lights



CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

### POINTS

- The available AWD runs primarily in front-wheel but distributes power to the rear when needed, and disconnects when not required for better fuel efficiency.
- The 200 can be optioned up to considerable luxury, including adaptive cruise control, self-parking, and panoramic sunroof.

### MARKET POSITION

- Although Chrysler said it will now focus on larger vehicles, the 200 and smaller Dodge Dart aren't being immediately dropped. They will live out their life cycle for about 18 months and be replaced with other products.

## THE COMPETITION



**Ford Fusion**  
Base price: \$23,249



**Nissan Altima**  
Base price: \$23,998



**Honda Accord**  
Base price: \$24,150

## GREEN NEWS

## Range-extended Nissan in the works, while fuel-economy progress is slow

Nissan is developing a range-extended electric car, a plug-in battery electric with a small internal combustion engine that takes over when the batteries are depleted, the company says.

The automaker will unveil a new range-extended model distinct from the pure electric Leaf sedan in 2017, says Australia's Motoring magazine.

The Leaf, now the best-selling electric car in history, will continue production as

an all-electric vehicle, said Yoshi Shimoda, Nissan deputy general manager for electric cars and hybrids.

There is no official hint as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue).

Nissan previously planned to launch plug-in hybrid powertrains in larger vehicles, reserving battery electric power for smaller ones.

Meanwhile, in other green news, developed countries are not making enough progress in improving vehicle fuel economy, while the rest of the world is making virtually no progress at all, says a report by the Global Fuel Economy Initiative, a Europe-based coalition of transportation and environmental interests.

Progress in developed countries is too slow to meet what it says are necessary targets.

WHEELBASE MEDIA



There is no official hint from Nissan as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue). HANDOUT/WHEELBASE MEDIA



# Meet the 2017 Ford Raptor

The 2017 Ford Raptor is a wider, heavier, tougher and stronger version of the F-150 truck. It's intended for off-road use or for people who at least want to project a tough-truck image. It has an aluminum body, which saves an estimated 230 kilograms over the previous version.

JEFF MELNYCHUK WHEELBASE MEDIA

## 1 Options

The new truck arrives later this year in extended-cab (SuperCab) and four-door (SuperCrew) body styles.

## 2 Transmission

New 10-speed automatic transmission.

## 3 Engine

There's no official power rating of the twin-turbocharged 3.5-litre V-6, but it will have more than previous V-8.

## 4 Cool features

Five-mode Terrain Management System has a Baja setting for high-speed desert driving.

## 5 Wheels

BF Goodrich all-terrain tires mounted to 17-inch wheels. The Raptor supercrew wheels are 15 centimetres wider than a regular F-150, which improves stability.

SOURCE: FORD



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## ALFA ROMEO

# Giulietta gets a makeover

The Alfa Romeo Giulietta has been given a facelift for 2016 and is heading to dealerships this spring. The hatchback is set to land in a variety of trim levels and with several engine options, priced from €21,690 (\$31,884) for the gas model and €24,690 (\$36,294) for the diesel.

In many ways, the changes made to this revamped Giulietta bring the hatchback closer to the Giulia sedan, both in terms of appearance and the car's position in Alfa Romeo's range.

Both models share several similarities in exterior design, such as the honeycomb grilles and the front bumper. New alloy wheels and oblique exhaust tips shape the Giulietta's new look, which also brings a slight redesign to the brand badge.

In its sporty version (Veloce), the new Giulietta comes with sports bumpers and a dark chrome finish on the wing mirror covers, door handles and grille rims.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel and a carbon-effect dashboard surround and door panels.

The 2016 Giulietta comes with a choice of four turbo gasoline engines (from 120 to 240hp) and four diesel engines



The new Alfa Romeo Giulietta comes in hatchback and sporty models with a choice of one of four turbo gasoline engines or one of four diesel engines. HANDOUT

(from 120 to 175ch). The new 120hp 1.6 JTDM diesel engine, the most cost-effective option, is announced with CO2 emissions of 99g/km and mileage of 74.3 MPG (3.8 l/100 km). The updated Giulietta is a connected car thanks to its Uconnect onboard touchscreen infotainment system, built into the central dashboard. This features Bluetooth connectivity for hands-free smartphone use (calls, SMS, streaming, radio, etc.).

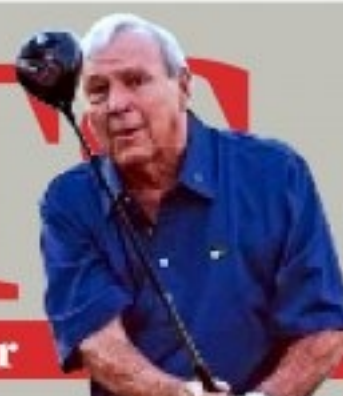
Plus, some versions of the hatchback feature the Alfa Performance application for controlling the main parameters of the car and measuring performance in real time.

The Giulietta comes in five trim levels: standard, Super, Lusso, Veloce and Business. Other customization options include 11 body colours and a selection of wheel rims. The 2016 Alfa Romeo Giulietta goes on sale spring 2016.

AFP



Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year



## NHL IN BRIEF

### GMs content with effect of Rule 48 on head hits

NHL general managers say a rule designed to curtail hits to the head is working as intended.

The NHL implemented Rule 48, which penalized illegal checks to the head, nearly five years ago. It was added to curtail a then-rising tide of dangerous hits, particularly from the blind side, amid a sporting climate that has become increasingly sensitive to concussions. The league's general managers sought to address Tuesday whether the rule was working effectively or needed tweaks.

"The consensus for our group was we're comfortable with the way the rule is and not looking to make any changes," Tampa Bay Lightning general manager Steve Yzerman said.

THE CANADIAN PRESS

### Nylander decision due

Maple Leafs GM Lou Lamoriello would neither confirm nor deny the team's plans for William Nylander. But it appears increasingly likely that they will exercise the first year of the 19-year-old's entry-level contract sometime soon. Nylander was expected to play his ninth NHL game on Tuesday night against Tampa. His entry-level contract would kick in once he plays 10 games, an important consideration in today's salary cap world.

Under that scenario, Nylander would be due his second NHL contract in the summer of 2018.

THE CANADIAN PRESS

# No more net gains as goalies slim it down

NHL

## League says more scoring chances not the objective

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here."

Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among



Typical attire seen here on **Canada's top goalie Carey Price of the Canadiens** is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

others, would like the goaltending position to be more about skill and less about the puck simply caroming off enormous equipment.

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much

**"If it takes a little more skill to play the position so be it."**

NHL's Kay Whitmore

grey area previously to enforce the rule effectively.

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it."

"If you cheat, you pay the price," Montreal general man-

ager Marc Bergervin said. "If we all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goaltending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season. THE CANADIAN PRESS

CURLING

## Carey's dreams fulfilled

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy.

Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask. The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old, I don't know how to phrase it any better than that," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds, on Feb. 28. "My first dream was to represent my province and I didn't achieve that until I was 29."

"To then turn around two years later and wear the Maple Leaf, which was always the ultimate dream, is beyond words."

Carey was born in Winnipeg and represented Manitoba in national competition until the 2014-15 season when she moved to Edmonton. In the spring of 2015 she moved south to Calgary, taking over as skip for two-time Canadian women's champion Heather Nedohin's rink. With Carey at the helm that team won the Alberta playdowns and went on to win national honours at the Tournament of Hearts.

That run of success is what has led Carey, third Amy Nixon, second Jocelyn Peterman, lead Laine Peters and alternate Susan O'Connor to Swift Current and a shot at a world championship. But Carey cautions fans the competition will be tough.

"The world has come on very strong and you can see that from the bit of a drought we have from gold medals," she said.

THE CANADIAN PRESS



Chelsea Carey THE CANADIAN PRESS

# Bruce will continue concussion fight

Arland Bruce's concussion lawsuit against the CFL is "far, far, far from over," the former receiver's lawyer said Tuesday.

Robyn Wishart said an appeal is in the works after B.C. Supreme Court Justice Christopher Hinkson dismissed the suit against the league, former commissioner Mark Cohon, neuroscientist Dr. Charles Tator, the Canadian Football League Alumni Association and every team in the league.

Bruce claimed the defendants downplayed the effects of repetitive head trauma and misrepresented player safety

issues about concussions.

In a written ruling Friday, Hinkson said the issues raised in the lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association and must be resolved through their processes, not the courts.

"The appeal is going to be based on the fact that the CFL Players' Association is not the exclusive bargaining agent for the players," Wishart said.

Association is not the exclusive bargaining agent for the players," Wishart said.

According to the suit, Bruce was knocked unconscious and suffered a concussion while playing for the Lions in September 2012. He reported foginess, headaches, sensitivity to light and sound, memory loss, confusion, dizziness, anx-

iety and personality changes, according to the lawsuit.

Court documents alleged he was permitted to return to play in November of that year and then again for the Alouettes in the 2013 season despite still suffering from the effects of concussion. The CFL should have intervened and prevented Bruce from returning to the field, the lawsuit claimed.

Bruce alleged that he has suffered permanent disability, and his head injury will continue to cause earnings loss along as well as the loss of enjoyment of life. THE CANADIAN PRESS



Arland Bruce THE CANADIAN PRESS

## IN BRIEF

### O-linemen extend stay

The Calgary Stampeders signed Canadian offensive linemen Shane Bergman and Spencer Wilson to contract extensions through the 2018 season.

"Shane and Spencer have both been important players for us over the past few seasons and I'm pleased that they have chosen to make a commitment to the club by signing contract extensions," general manager/president John Huftnagel said.

THE CANADIAN PRESS



# Lightning given a good shock by Leafs

NHL

## Carrick, Smith bag first goals of season in unlikely rout

Ben Smith and Connor Carrick scored their first goals of the season as the Toronto Maple Leafs defeated the Tampa Bay Lightning 4-1 Tuesday.

With the win, the Leafs (24-34-11) have won back-to-back games and picked up points in four of their last five.

Zach Hyman and P.A. Parenteau added empty-net goals while Jonathan Bernier made 26 saves for his ninth win of the season. Brian Boyle had the lone goal for Tampa Bay (40-25-5). Andrei Vasilevski stopped 20 shots in the loss. The Bolts drop to 7-2-0 in their last nine road contests. Toronto snapped its



Tampa Bay's Michael Blunden, left, battles against Maple Leafs' Connor Carrick, centre, as Maple Leafs goalie Jonathan Bernier watches for the puck. THE CANADIAN PRESS/MARK BLINCH

three-game losing streak against Tampa Bay with the win. The two clubs meet for a fifth and final time on March 28.

With the Leafs leading 1-0, Peter Holland had two excellent opportunities 2:35 into the third period, but was unable to solve Vasilevski.

Boyle tied it 1-1 at 6:33 of the third period beating Bernier low blocker side for his 11th of the season. The goal snapped Bernier's shutout streak at 108 minutes and 48 seconds. Smith restored Toronto's one-goal lead at 9:07 of the third period putting the rebound

TUESDAY in Toronto

**4** LEAFS **1** LIGHTNING

off of Michael Grabner's shot between the legs of Vasilevski. It was Smith's first goal since March 29, 2015, while with the San Jose Sharks.

Carrick opened the scoring one timing the rebound off of Holland's shot at 13:34 of the second period. It was Carrick's first goal since Oct. 3, 2013, while a member of the Washington Capitals. The Leafs continue their six-game home stand on Thursday when they host the Florida Panthers. Elsewhere, the struggling Montreal Canadiens were beaten 4-1 at home by the Florida Panthers and the Ottawa Senators prevailed 3-2 in overtime against the Minnesota Wild. THE CANADIAN PRESS

## IN BRIEF

### Lowry pours in 25 as Raps easily break down Bucks

Kyle Lowry scored 25 points and the Toronto Raptors, despite resting leading scorer DeMar DeRozan, had no trouble with the Milwaukee Bucks in a 107-89 victory Tuesday night.

Giannis Antetokounmpo had 18 points, 12 rebounds and nine assists in 35 minutes for Milwaukee, just missing a triple-double.

DeRozan, who averages 23.8 points per game, was in uniform but didn't play after starting each of the team's first 65 games and playing 39 minutes in a loss to Chicago on Monday night.

Toronto took control by scoring the first eight points of the second half to open a 62-49 lead. The Raptors then scored seven consecutive points midway through the third quarter to make it 71-55 on Lowry's 3-pointer with 6:07 left. Milwaukee never got within single digits of Toronto after that.

THE ASSOCIATED PRESS

### UN suspend Sharapova's role as ambassador

A United Nations agency says it has stopped working with Maria Sharapova pending the tennis star's doping case.

Sharapova faces being banned by tennis authorities after testing positive for meldonium, a blood-flow enhancing medication.

The New York-based United Nations Development Program says "in light of Ms. Sharapova's recent announcement, we last week suspended her role as a Goodwill Ambassador and any planned activities while the investigation continues." THE ASSOCIATED PRESS



Maria Sharapova GETTY IMAGES

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## CHAMPIONS LEAGUE

## Injury woes return for Man City captain

Manchester City captain Vincent Kompany's injury problems resurfaced on Tuesday when he limped off just five minutes into the team's Champions League match against Dynamo Kyiv.

City manager Manuel Pellegrini said Kompany had a recurrence of a calf muscle injury and said the defender could be out for the rest of the month. Kompany will have tests over the next two days to determine the severity of the injury.

It is the 14th time that Kompany has sustained a calf injury since joining City in 2008. He has already had spells of a month and six weeks out this season.

City drew the game 0-0 and advanced 3-1, reaching the quarterfinals for the first time. In Tuesday's other game Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout to reach the quarterfinals for the third straight season.

THE ASSOCIATED PRESS

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from your daily crossword and Sudoku

3	4	8	2	9	5	6	1	7
9	7	5	1	8	6	4	2	3
6	1	2	7	4	3	8	5	9
1	5	7	6	3	4	2	9	8
8	2	3	9	5	1	7	6	4
4	6	9	8	2	7	5	3	1
5	3	6	4	1	8	9	7	2
7	9	4	3	6	2	1	8	5
2	8	1	5	7	9	3	4	6

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)



# RECIPE Cobb Salad

**Ceri Marsh & Laura Keogh**  
For Metro Canada

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

**Ready in**  
Prep time: 15 minutes  
Total time: 25 minutes  
**Serves 4**

## Ingredients

- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2-inch dice
- 2 chicken breasts

## For marinade:

- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

## For dressing:

- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

## Directions

**1.** Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.



PHOTO: MAYA VISNYEI

**2.** Place dressing ingredients in a jar, shake to mix with lid on.

**3.** Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

**4.** Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

**5.** Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

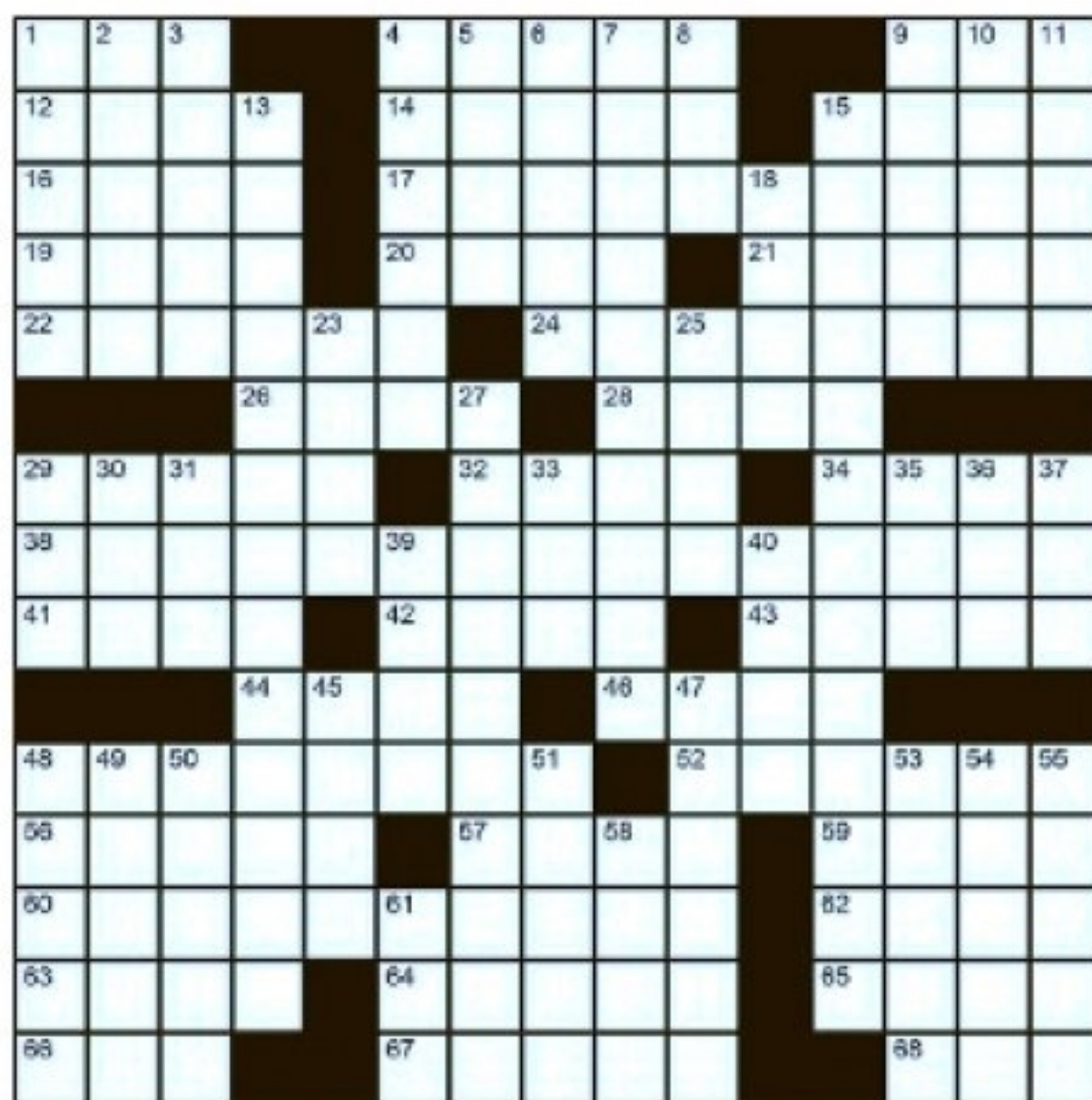
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Global currency org.
- "For \_\_\_ Know" by The Carpenters
- Drummer Mr. Starkey
- Salad alternative
- Coup \_\_\_ (Quick look)
- Donned
- Title of Rihanna's latest album
- Bodybuilding title: 2 wds.
- Big deals
- "\_\_\_ No Sunshine" by Bill Withers
- Singer Mr. Neville
- Agree
- Bangle bauble
- Flush
- Rocker David Lee
- Poetry
- \_\_\_ iris (Rainbow, in Spain)
- Biblical twin
- Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
- Baby \_\_\_ (Nestle chocolate bar)
- Buzz Aldrin's famous employer
- Stoppages
- H.G. Wells' fruitivores
- Chase, police car style
- Makes certain
- Sweater styles
- \_\_\_ ('Dine in the Dark' restaurant in Toronto and Montreal)



- Work \_\_\_ solution (Solve the problem)
- "Full Metal Jacket" (1987) actor, \_\_\_ Ermey
- Music style for Liverpool band Gerry and The Pacemakers
- \_\_\_ (Precisely)

- Rock venue pit
- \_\_\_ lot (Enjoys the buffet)
- Quite
- Noah's boat
- More humorously ironic
- English novelist Mr. Lawrence, et al.

## DOWN

- Oscar \_\_, "Star Wars: The Force Awakens" (2015) actor
- World, in Rome
- Loft furniture piece
- From Sea to Sea: 'A Mari Usque \_\_\_' (Canada's motto)

- Ms. Singer
- "MasterChef Canada" judge, Alvin \_\_\_
- Packed away garb in Spring: 2 wds.
- High Priest in the Old Testament
- 'Z'-marking swordsman
- Torching crime

- Carolyn \_\_\_ (Name behind 'Nancy Drew' stories)
- Astrological sign/symbolism: 3 wds.
- 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
- Extensive
- Iris spot
- Werewolf's light
- Vancouver Island treat: 2 wds.
- TV hookup, once
- Montreal faucet liquid
- \_\_\_ card (Grades-lister)
- Lil' campground sights
- Mr. Mineo
- Pertinent
- Increases
- Q. "Excuse me, where's the surgeon?" A. "She's \_\_\_ right now."
- "The \_\_\_ Red Line" (1998)
- Read: French
- Computerized human
- Pausing punctuation
- Just \_\_\_ two (Not as many as three)
50. 'Norwegian', in Norway
- Fatty, as some meat
- Sky's white cotton candy
- Mike Hammer portrayer Stacy
- Mr. Rogen's
- Zap
- Archery wood

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

**Taurus** April 21 - May 21  
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

**Gemini** May 22 - June 21  
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

**Cancer** June 22 - July 23  
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

**Leo** July 24 - Aug. 23  
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

**Virgo** Aug. 24 - Sept. 23  
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

**Libra** Sept. 24 - Oct. 23  
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

**Scorpio** Oct. 24 - Nov. 22  
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

**Sagittarius** Nov. 23 - Dec. 21  
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

**Capricorn** Dec. 22 - Jan. 20  
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

**Aquarius** Jan. 21 - Feb. 19  
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

**Pisces** Feb. 20 - March 20  
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

## CONCEPTIS SUDOKU by Dave Green

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